

INVY IN SLEZSKÁ DIAKONIE

If your heart is open, you're curious about life, and you're ready to grow personally or professionally, then you're in the right place. **INVY** is an international voluntary service program at **Slezská diakonie** in **the Czech Republic**. Slezská diakonie is a non-profit organisation providing **social services** based on Christian values. Since 2005, we have been running long-term and short-term voluntary projects in our hosting centers. We have already hosted more than **350** international volunteers.

✨ **Come and join us!** ✨

WHAT WILL BE COVERED FOR YOU?

- 🏠 **Accommodation** with the Internet connection
- 💰 **Pocket money:** 7 EUR per day
- 🍴 **Food allowance:** 4200 CZK per month
- ✈️ **Travel costs to your project and back home**
- 🚆 **Travel costs to your workplace and seminars**
- 📖 **Czech language course** (60 minutes per week)
- 🛡️ **Health insurance**

WORKING HOURS

- 6 hrs a day
- 5 days a week
- 2 days a week off
- 2 more days off each month

OUR EVENTS

- seminars
- day with
- mini-projects
- team project

WHO WILL SUPPORT YOU ON YOUR JOURNEY?

- 👤 **your SUPERVISOR** at your hosting placement
- 👤 **your COORDINATOR** from the InterVIA team
- 👤👤👤👤👤👤 and of course **your fellow VOLUNTEERS!**



Find our more about us!



AND WHERE CAN YOU VOLUNTEER?

SILOE OSTRAVA

SILOE Ostrava offers several types of services including a **day-care centre**, a **short-term respite care** and a **long-term residential care**. It provides care and support to **adults** aged 50+ living with **memory disorders**, primarily Alzheimer's disease or vascular dementia. These clients are no longer able to live independently and they need specialized daily assistance. Total residential capacity is 26 beds.

Name of the centre: SILOE Ostrava

Address: Rolnická 55/360, 709 00 Ostrava - Nová Ves

You'll be based in **Ostrava**, the third-largest city in the Czech Republic, known for its vibrant urban life and excellent public transport. It's easy to get around and explore the area!

Website: [SILOE OSTRAVA](http://SILOE.OSTRAVA)

Program length: 1st February - 31st August

SCOPE OF VOLUNTEER WORK:

- **listen** and **talk** to clients
- **read aloud** to them
- help them to solve **crosswords**, play simple **board games**, or do light exercises
- **assist** them during meals and daily activities
- join them on their **walks**
- **support** one-off **events** at the centre (creative workshops, themed cooking, morning stretching) or **outside activities** (visits to museums, cultural events)
- **help** in the mobile **café** "U Lidušky"

✨ **SILOE Ostrava is waiting for you!** ✨

